

BENEFITS OF WALKING:

- Lowering cholesterol
- Lowering blood pressure
- Reducing the risk of diabetes
- Managing your weight
- Improving your mood
- Improving your memory
- Keeping you strong and fit

***REMEMBER TO SMILE AND
LAUGH AS OFTEN AS YOU
CAN!**

BE AWARE:

- Walks will be cancelled in case of inclement weather.
- There is no cost for any walk or tour.
- Dress for weather and wear comfortable shoes.

MOBILITY MANAGEMENT
608-757-5408



10th YEAR OF WEDNESDAY WALKS!

The “Wednesday Walks” program offers a wonderful way to get fresh air, feel the sun, exercise, meet new people, and enjoy many unique attractions in Rock County.

WHAT’S NEW?

- Transportation is no longer provided for walks or meal sites. Simply meet at the walk location listed inside this brochure.
- Rock County dine-in meal sites are closed at this time. Therefore, lunch after the walk will not be included this year.
- You will need to call to reserve **WALK RESERVATIONS** at least 2 days in advance. Telephone number listed below.
- Signed waivers are required. Once waiver is completed you are covered for the year.

INSTRUCTIONS

1. **Walk Reservations:** 608-757-5408
Reserve by the **MONDAY** before the walk.
2. Meet at walk location by 9:30 am.
3. Rock County dine-in meal sites are closed at this time. Therefore, lunch after the walk will not be included this year.



ROCK COUNTY
WISCONSIN



10th YEAR! WEDNESDAY WALKS 2020

****PLEASE BE AWARE****

- 1) Transportation is no longer provided.
- 2) Meet at walk locations by 9:30 am.
- 3) Rock County dine-in meal sites are closed at this time. Therefore, lunch after the walk will not be included this year.

“Wednesday Walks” is brought to you by
Mobility Management of Rock County
Council on Aging

WALK RESERVATIONS: 608-757-5408

(REVISED JUNE 2020)

July 1st:

Walking Tour of Courthouse Hill

Join historian Rich Fletcher, who has been giving district tours for over 10 years, on a guided walking tour of Janesville's historic Court House Hill neighborhood.

Address: Meet 9:30AM at:

Jefferson Park, corner of Atwood Ave. & E. Van Buren St. (1 blk N. of the Court house, then 2 blks E.)

July 8th:

Rotary Botanical Gardens

This is an award winning 20-acre, non-profit showcase with over 26 different garden styles, and 4,000 varieties of plants. This is a “community Appreciation Day” so there is no cost, but donations are welcome. This is a self-guided walk.

Address: 1455 Palmer Dr., Janesville, WI

July 15th:

Beckman Mill County Park Trails

Guided Oak Savana Hike led by Rock County Park's lead nature and tree enthusiast, Jim Hessenauer.

Address: 11600 S. County Rd. H, Beloit

August 5th:

Lincoln-Tallman House Tour

Gorgeous historic Janesville house; once host to U.S. President Abraham Lincoln.

Address: 426 N. Jackson St., Janesville

August 12th:

Rotary Botanical Gardens

Self-guided walk through this award winning 20-acre, non-profit showcase with over 26 different garden styles, and 4,000 varieties of plants. This is a “community Appreciation Day” so there is no cost, but donations are welcome.

Address: 1455 Palmer Dr., Janesville

August 19th:

Hoo's Woods Raptor Center

Hoo's Woods is dedicated to the conservation of birds of prey. Come and experience co-existence between wildlife and humans. You will have the opportunity to meet Bill and Ted, the education screech owls; two of the many birds at the Center.

Address: Provided at time of Reservation

**No bathroom, no domestic animals*

September 2nd:

Wisconsin Wagon Company

Classic wooden toys are produced in the tradition of yesteryear.

Address: 507 Laurel Ave., Janesville

**NOT ADA accessible, no bathroom*

Reserve walks here: 608-757-5408

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September 16th:

Milton House

The last certified Underground Railroad Station in WI. Guests walk the same secret passageway as freedom seekers of the Underground Railroad.

Address: 18 S. Janesville St., Milton

September 30th:

Carver-Roehl County Park

Guided “Tree ID Hike” lead by Jim Hessenauer, Rock County Parks Lead Nature and Tree Enthusiast.

Address: 4907 S. Carvers Rock Rd., Clinton (14 mi. E. of Janesville & 4.5 mi S. of Hwy 11/14. Meet at end of Park Rd., Clinton)

October 7th:

Skelly's Farm Market

Enjoy Skelly's Fall highlights including the maze, pumpkins, cider, donuts & more!

Address: 2713 S. Hayner Rd., Janesville

October 14th:

Big Hill Park, 1201 Big Hill Rd., Beloit

Beautiful Fall hike lead by Rock County Conservationist, David Bendlin.

Address: 1201 Big Hill Rd., Beloit